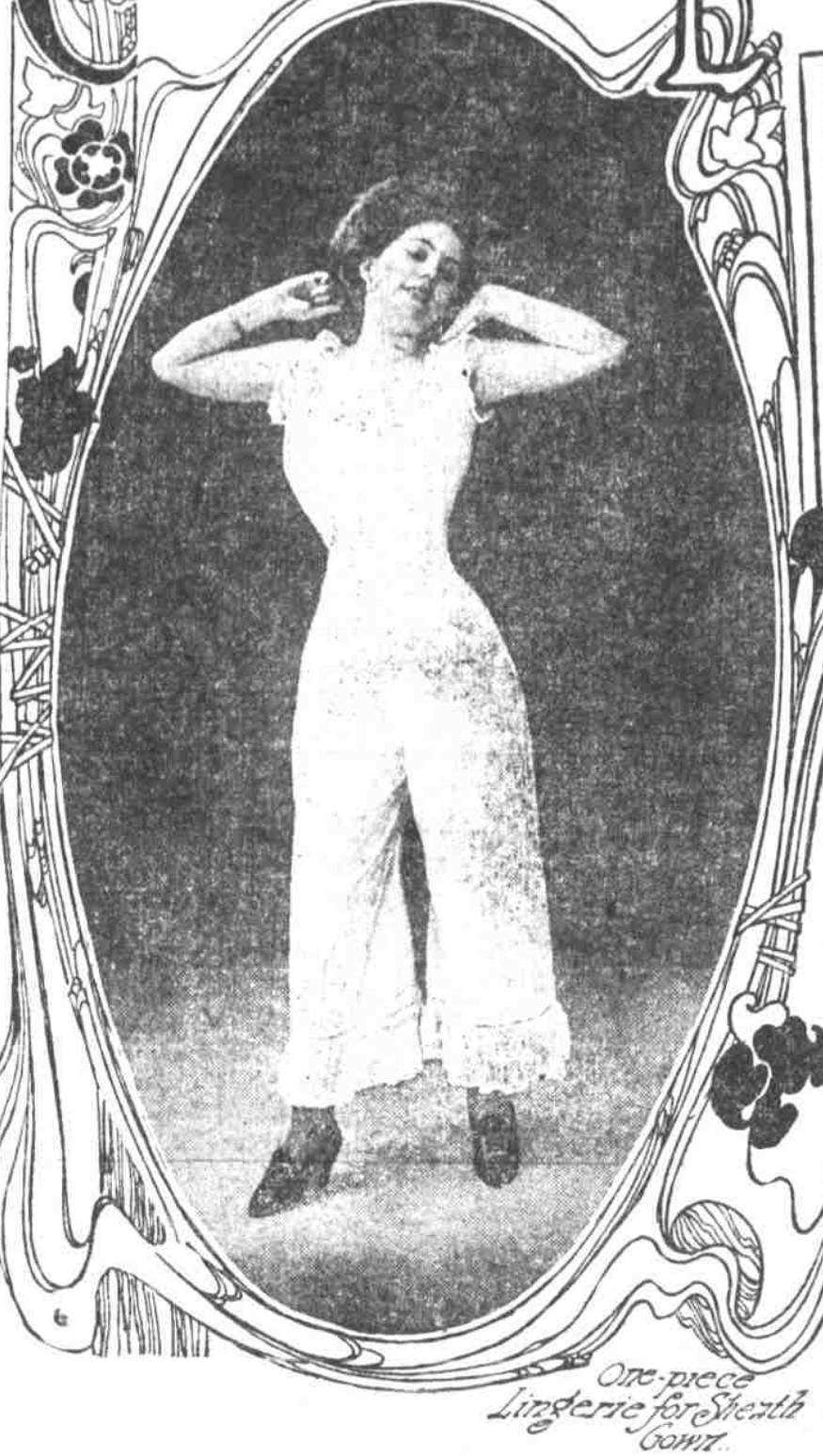


CONCERNING HEALTH and BEAUTY

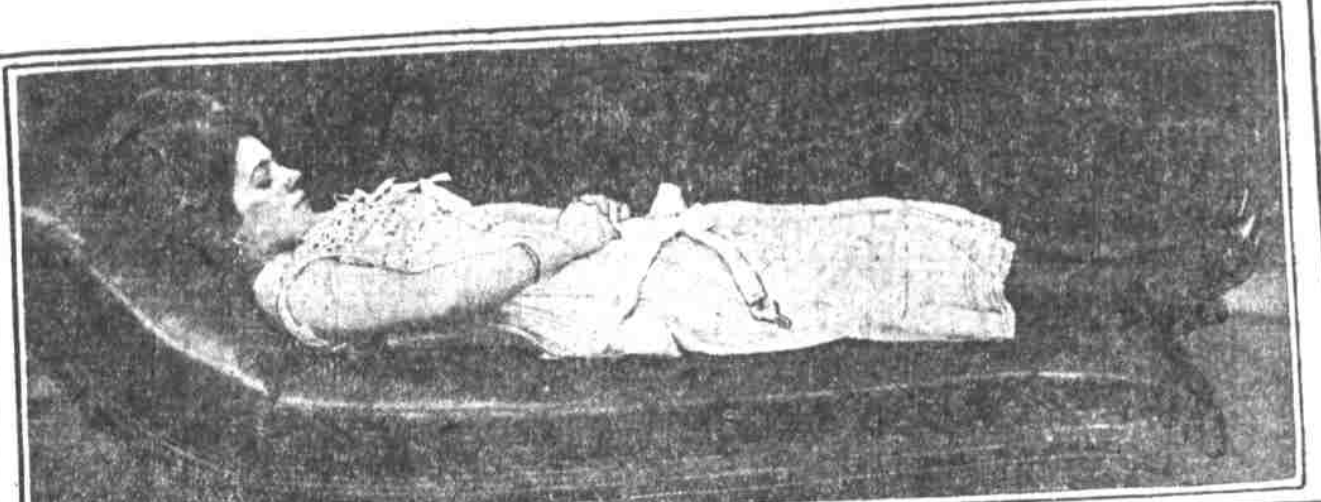
By MRS. HENRY SYMES

CORSETS AND LINGERIE FOR SHEATH GOWNS

Aids to Health and Beauty



One-piece Lingerie for Sheath Gown.



Hooking Corset While Lying Down



They Are Carried Up in Front to Allow for Sitting Down.



Very High in the Back.

form satisfactory long-boned corsets, so most of the good corsets are made of reinforced batiste, coutil or brocade. Some are embroidered in fashionable rosebuds and trimmed with Dresden ribbon. Others are finished at the top with a sort of pointed yoke-like affair of net or allover lace. This, in turn, is bound with pretty ribbon.

The new corset, however, is not the only undergarment that has been invented for the sheath gown. The "pantabandage" is the latest accomplishment to the new costume. This garment endeavors to supplant the time-honored petticoat. It will be interesting to watch the encounter.

The Necessity of Footbaths
NOT only are the feet kept comfortable, but the well-being of the entire body depends much upon the care bestowed upon the feet. The feet should be washed daily in tepid water and soap, finishing with a dash of cold water to quicken circulation and to prevent them becoming too sensitive.

If the feet are dry, rub in a little good cream until absorbed. For feet which suffer from excessive perspiration a little carbolic acid—twenty or thirty drops in a basin of water—is efficacious. The stockings should be changed daily and the street shoes exchanged for slippers when resting in your room.

Tired Feet
 After bathing tired feet in hot water it is very soothing to rub them with olive oil.

Summer Hives
 Hives, as a rule, are the result of a disordered stomach. They require both internal and external remedies. The best medicine is a dose of castor oil, the quantity, of course, to depend upon the age of the patient.

Stomach Length of Hips
 Bathing with water to which bicarbonate of soda has been added is one of the best means of allaying the intense irritation. Constant and frequent applications of good cold cream will also soothe wonderfully.

Eat Moderately
 In order to be in perfect health one must be temperate in eating. The meals also should be regular. Regularity is one of the golden rules of a well-ordered life.

To Have a Clear Skin
 A clear skin is one of the essentials of good health and beauty, and nothing conduces more to this end than frequent baths and brisk rubbings. They will do much to keep the skin soft and the whole body vigorous.

The Correct Time for Bathing
 The morning is the best time for a cold water bath, a tepid one morning or night, but a hot water bath should be taken just before retiring, inasmuch as it is relaxing. Never bathe just after a hearty meal. Bathe regularly every day.

Cleanliness is Necessary
 The scalp, like the rest of the body, to be kept healthy must be kept clean. Shampoo your hair once every two weeks if it is inclined to be oily, and about once a month if it is the least bit dry.

To Open the Pores
 To remove blackheads, and also to soften the skin before applying cold creams and lotions, apply a soft linen towel wrung out of moderately hot water. Do not have the water hot enough to burn the skin. Apply the towel to the face, pressing it well down into the curves of the eyes, nose and mouth. Repeat several times until the skin is pink and soft. In this condition it will absorb much more of the oils and lotions, greatly increasing their effective properties.

A Change Will Prove Helpful
 Frequently change the mode of wearing the hair, else falling hair is likely to result. That portion of the scalp where the hair is coiled and pinned receives no sunlight and the coiled hair no ventilation.

For a Discolored Neck
 For a discolored neck apply cucumbers cut in strips, binding them to the neck and keeping them on all night. In the morning wash off and rub well with cold cream; then wipe the neck with a soft towel. Repeat this treatment until the discoloration disappears.

Advice to Correspondents

OWING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this oftentimes requires three or four weeks.

All correspondents who desire an immediate answer must enclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

the art of the corsetiere has been used to prevent such a catastrophe, and to this end the materials have been reinforced by canvas, and bones have been backed by buckram, and many rows of machine stitching have been added.

Of course, if the corset must be long on the hips to form a foundation for the graceful drapery of the skirt, it must also be high in the bust to supply a perfect form for bodice drapery. Some of the latest models are so high that real décolleté is rendered impossible, unless a method be devised to lower the corset in front and back.

Therefore, some corsets are made without stiffening at the top, and the corset may be turned down upon itself, making it sufficiently low for evening gowns.

Good results may be obtained by hooking the corset on the figure while lying down. In this position the muscles are relaxed and the corset may be hooked lower on the figure.

Even though all new corsets must of necessity be long on the hips there are already several variations of the same

idea. Some models are much stiffened, holding the figure inflexible, while others admit of much free movement, lessening the white noise of their good points. Some, indeed, are so long that it is necessary to curve them so the wearer may sit down. A woman should never wear corsets unless they fit every position which she is likely to assume.

To Reduce the Bust
TROUBLE—Here is a recipe for a perfectly harmless pomade which will help reduce the size of the bust: Tincture of benzoin, twenty drops; tincture of potassium, forty-five grains; vaseline, one and one-half ounces.

The following may also be recommended: Pure deodorized lodoform, one ounce; vaseline, two ounces; essence of peppermint, twenty drops.

Then cover breasts with two cloths dipped into the following: Pulverized alum, thirty grains; acetate of lead, one ounce; distilled water, eight ounces. Cover the cloths with oiled paper and keep them on all night.

in order to have a good complexion, to cleanse it thoroughly before retiring for the night. Wash the face with warm water and a good soap, rinse thoroughly in several clear waters and then apply some good lotion or cream to make the skin clear and smooth.

Foot Powder
EVA—When the feet perspire excessively the shoes and stockings should be changed daily.

The following recipe for powder will be found most helpful:
 Burnt alum, five grains; salicylic acid, two and one-half grains; starch, fifteen grains; violet talcum powder, fifty grains.

Just over perspiring feet, which should be bathed at least once daily.

washing and wiping the hands, rub a little of this mixture into them.

The following exercise is excellent for developing the hips: Stand alternately on each foot, swing the free limb pendulum fashion from the hips, even thus allowing it to go as far forward and backward as possible.

Annoying Dandruff
MAX—The falling of your hair is probably due to the excessive dandruff on your scalp. Try the dandruff cure for which I am giving you formula, and I think it will soon disappear and your hair will then stop falling:

Tincture of cantharides, one ounce; liquid ammonia, one dram; glycerine, one-half ounce; oil of tyme, one-half ounce; rosemary oil, one-half dram.

Mix all together, with six ounces of rosewater. Rub the soap thoroughly with the preparation.

Eruption on Face
WORRIED—There is usually an internal cause for eruptions on the face. Generally they are due to the impure

condition of the blood. The saline formula of which is given below, is very soothing and healing, but to effect a permanent cure you had better take some treatment for your blood.

Formula: White wax, one ounce; spermaceti, one ounce; oil of almonds, one-fourth pint.

Melt; pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rosewater and one ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed and the mixture is nearly cold.

Remedy for Hangnails
DOROTHY—Hangnails are due to excessive dryness of the skin surrounding the nails. Try rubbing the base of the nail every night with a little good cold cream. That should help to cure them.

A Weak Side
MOTHER—The only thing for you to do is to consult a reliable physician. Simple treatment will, perhaps, be all that is needed to make you strong and well. I advise you to attend to the matter immediately.

Here is a recipe that will make up into a very good hair oil: Two ounces sweet almond oil; two ounces coconut oil; one ounce oil of rosemary; one-half dram oil of jasmine.

Mix oils with gentle heat; bottle; shake for five minutes.

For Oily Hair
ANNNOYED—The following lotion used once a day is a very good one for oily hair: Powdered bicarbonate of soda, one-fourth ounce; borate of soda, powdered, one-fourth ounce; eau de cologne, one fluid ounce; alcohol, two fluid ounces; distilled water, sixteen fluid ounces.

Mix and agitate until solution is complete.

A lotion that will help to cure a "shiny" nose is made of: Boracic acid, one dram; rosewater, four ounces. Mix. Apply the lotion to your nose as often as necessary.

Shampoo for Light Hair
L. M. O.—A splendid shampoo for the hair is made of the following: White castile soap, in shavings, one ounce; water, twenty-four ounces; potassium sulphate, thirty grains; borax, 1/2

To Cleanse the Finger Nails
TRIXY—The only way to keep the skin smooth under the nails is by constant applications of cream and by using an orangewood stick for cleaning. The cleaning should be done only after washing the hands. I am giving you a recipe for a nail cream: Petroleum, one ounce; white castile soap, powdered, sixty grains; oil of bergamot, three drops.

Brow and Eyelash Grower
EYHEL—To increase the growth of eyebrows the following formula will make up into a good preparation for the purpose: Cologne, two and a half ounces; glycerine, one and a half ounces; fluid extract of laborand, two ounces.

Agitate ingredients till thoroughly incorporated. Apply to the eyebrows with a brush and to the lashes with a tiny camel's-hair paint brush. The brush must be freed from any drop and passed lightly along the edge of the eyelids, exercising extreme care that no minutest portion of the lotion touches the eye itself.

Talcum Powder
MRS. J. L.—The following makes a delightful talcum powder: Farina starch, fifty grains; powdered talcum, twenty grains; powdered lycopodium, twenty grains; salol or boric acid, ten grains; essence of violet, twenty grains.

Washing the hands with oatmeal dissolved in water will have the effect of softening and whitening them.

Absolutely Necessary
WORRIED—It is absolutely necessary,

To Develop the Bust
CONSTANT READER—To develop the bust the following may be tried: Lanolin, one ounce; cocoa butter, one ounce; sweet almond oil, one ounce.

Put in a small bowl, set in hot water until melted. Beat together and cool. Each night, after laying hot cloths on bust, rub it in by massaging gently and thoroughly in a circular direction for fifteen minutes.

Fingers Too Stiff
A. W.—Do not worry because your fingers are not limber, for your music teacher will give you finger exercises which, in time, will make your knuckles supple.

To Clear the Complexion
MUDDY—The following treatment is excellent for clearing the complexion. Rub the face, just before washing it, with two teaspoonsful of flowers of sulphur mixed in half a pint of raw milk. This mixture should stand a little while before it is used on the face.

To Remove Stains From the Hands
ANXIOUS—To soften, whiten and remove stains from the hands use glycerine and lemon. Put into a bottle two ounces of glycerine, two ounces of water, four table-spoonfuls of lemon juice and a few drops of carbolic acid. Shake well. After

washing and wiping the hands, rub a little of this mixture into them.

think it will soon disappear and your hair will then stop falling:

BATHING CAPS for PRETTY GIRLS

Has Old-fashioned Sanitaria

A Pretty Tonic

The All-enveloping Bonnet

Of Rubber and Silk

BATHING caps for the summer of 1908 show all sorts of new shapes and styles. There are caps which envelop the whole head, and caps which only frame the laughing face. These head-coverings are of rubberized silk, pure rubber or waterproof satin. Some caps match the bathing suit and others match the trimming thereof.

A can of rubberized silk in a tartan plaid is arranged with a deep ruffle of pleated silk, which encircles the head and softens the outline of the face.

A bonnet affair of silk seems to have been intended to protect the ears when diving rather than the hair when swimming. After all, nothing is so useful to keep out the salt sea as the pure rubber cap and bandanna. Frills are very well in their way, but the real bathing enthusiast prefers comfort to beauty any day. The most practical headgear is a cap of light rubber, which is held tightly to the head and over which a silk bandanna is arranged. The latter may match the suit, the trimming of the suit, or form a delightful contrast

There is really no use in wearing a cap at all unless all the hair is enclosed tightly. Many girls, however, put their front hair or pompadour show until it is just time to step into the water, when they pull the cap down over the hair.

Some caps may be bought with remade bows in front, while others triangular in shape and must be by the wearer.

Each woman or maid, be she particular, is sure to find a lesson to be taken this year.

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